

Growing Healthy Families



WIC Program Newsletter • Volume XI, Issue I • Spring 2010
Vermont Department of Health • 1-800-649-4357
www.healthvermont.gov

Get the most of your fruit and vegetable benefit

Now that you have your Fruit & Veggie card, how can you maximize the \$6 or \$10 benefit? For fresh produce, buy in season when possible. Frozen fruits and vegetables can also stretch your benefit and are available year round.

COST ESTIMATION CHART

Price per pound	1 lb.	1½ lbs.	2 lbs.	2½ lbs.	3 lbs.
\$0.49	\$0.49	\$0.74	\$0.98	\$1.23	\$1.47
\$0.59	\$0.59	\$0.89	\$1.18	\$1.48	\$1.77
\$0.69	\$0.69	\$1.04	\$1.38	\$1.73	\$2.07
\$0.79	\$0.79	\$1.19	\$1.58	\$1.98	\$2.37
\$0.89	\$0.89	\$1.34	\$1.78	\$2.23	\$2.67
\$0.99	\$0.99	\$1.49	\$1.98	\$2.48	\$2.97

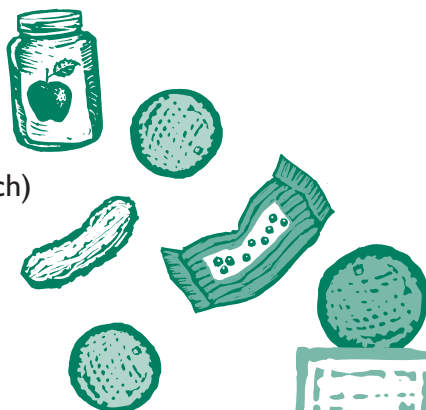
Can I use coupons or other discounts? Yes! Just like if you were spending cash, if you have a coupon or pick items on sale you will lower the cost for your fruit and vegetable purchase and your WIC benefit will go further. Use the chart on the back of the Buying Guide or Meal Planner to get an idea of how much your fresh produce will cost before getting to the checkout. Find out more at www.healthvermont.gov/wic.

What can \$6 buy?

- 2 oranges (2 for \$1)
- 1 cantaloup (\$1.49 each)
- 1 small bag frozen peas (.99 each)
- 1 jar unsweetened applesauce (\$1.79 each)
- 1 cucumber (.59¢ each)

What can \$10 buy?

- All the above, plus:
- 1 red grapefruit (.69 each)
- 1 avocado (1.29 each)
- 1 lb. broccoli (\$1.99 pound)



Good News!

Now all pregnant, postpartum and breastfeeding women on WIC will have a \$10 fruit and vegetable benefit to use each month.

WIC food corner

Too much WIC food? Remember, you can call your WIC office to reduce the amounts or cancel a WIC food.

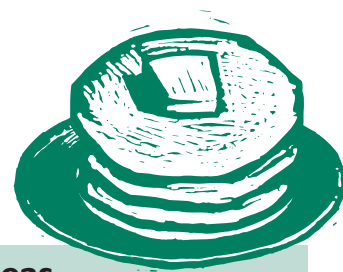


Peanut butter

Peanut butter is a good source of protein and can be used for more than just sandwiches. Two tablespoons of peanut butter contains 9 grams of protein and has 200 calories.

The Nature's Farms Old Fashioned peanut butter that WIC provides contains only peanuts and salt to help avoid the additives, sugars and stabilizers in other peanut butters. Other peanut butters hydrogenate the oil to keep it from separating, and sometimes add extra oil!

You can keep your WIC peanut butter in the fridge to keep the oil from separating. It is also okay to store it at room temperature for easier spreading, just try to use it within a month or two. Stir it every time you use it to keep the oil mixed in. Store unopened jars on their lids to help the oil distribute through the solids.



Kid friendly ideas for using WIC peanut butter:

- Spread peanut butter on graham crackers or sliced apples
- Spread peanut butter on pancakes or waffles
- Substitute peanut butter for tahini in your favorite hummus recipe



clip & save recipes!



Easy Peanuty Noodle Bowl

serves 6

Ingredients:

- ½ cup old fashioned (WIC) peanut butter
- 2 Tablespoons low-sodium soy sauce
- 2 teaspoons garlic, minced
- 2 cups frozen vegetables such as broccoli, snow peas and red pepper
- 1 cup boiling water
- ½ pound spaghetti
- 1 Tablespoon toasted sesame seeds (optional)



Mix the peanut butter, soy sauce and garlic until smooth. Meanwhile, cook spaghetti according to package directions. Add frozen vegetables to the spaghetti water 2 to 3 minutes before the spaghetti is done. Drain spaghetti and vegetables and put in large bowl. Mix boiling water into the peanut butter mixture and then add to the pasta bowl, tossing well to coat. Sprinkle with sesame seeds if desired. Serve warm or chilled.

Nutrient analysis per serving: Calories 305, Protein 12 grams, Carbohydrates 36 grams, Fat 12 grams, Sodium 268 grams, Fiber 4 grams.



Here is a healthy snack idea for children that they can help you make.

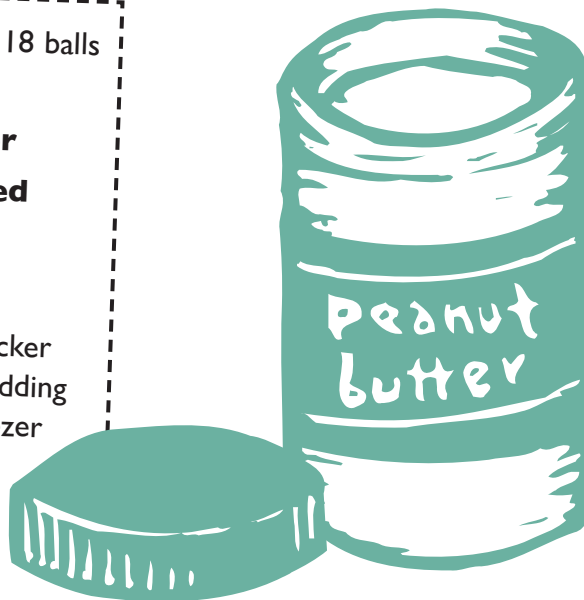
Peanut Butter Balls makes 18 balls

Ingredients:

- ½ cup old fashioned (WIC) peanut butter**
- 12 graham cracker squares, finely crushed**
- 1 teaspoon vanilla**
- dash of cinnamon (optional)**

Mix together peanut butter, vanilla and graham cracker crumbs until well blended. Press into 1-inch balls, adding more peanut butter if too dry. Place on tray in freezer until ready to eat.

Nutrient analysis per serving: Calories 60, Protein 2 grams, Carbohydrates 5 grams, Fat 4 grams, Sodium 55 grams, Fiber 1 grams.



Look for Farm to Family this summer!

This summer, WIC will offer eligible WIC participants Farm to Family coupons to use at the farmers' market. When you use your Farm to Family coupons, you support farmers in your community and you help your family eat well. A complete schedule of Farm to Family events will be available inside your next Growing Healthy Families newsletter — watch for it!



Did you know?

You can read previous editions of the Growing Healthy Families newsletter online at www.healthvermont.gov/wic. Click on the "For Participants" tab on left, then scroll down to "Nutrition Resources."

Need help buying healthy foods?

Try 3Squares VT! (formerly the Food Stamp Program)

More than 1 in 8 Vermonters now participate in 3SquaresVT, one of Vermont's nutrition programs that helps families put nutritious meals on their tables. A family of four can earn up to \$3,401 a month, and resources such as savings accounts do not count as income. If your family receives the Earned Income Tax Credit, you are automatically income eligible for 3Squares VT.

Enrolling in 3Squares VT qualifies your older children for free school meals and also qualifies you for phone assistance. These added benefits mean money is freed up to pay other bills. Benefits are provided on a debit card you swipe at the store. The application process is easy too — paperwork has decreased and most interviews are now on the phone.

For more information or an application, visit www.vermontfoodhelp.com or call 1-800-479-6151.

Happy Mother's Day to all Moms, Grandmoms and Moms-to-be!

Sunday, May 9, 2010



In this issue:

- **Get the most of your fruit and vegetable benefit**
Maximize your \$6 or \$10 monthly benefit
- **Need help buying healthy foods?**
It's now easier to get Food Stamps
- **Peanut butter**
Learn helpful tips about this source of protein
- **Featured recipes:**
Easy Peanuty Noodle Bowl
Peanut Butter Balls



Vermont Department of Health
Division of Maternal and Child Health
108 Cherry Street
P.O. Box 70
Burlington, Vermont 05402

DEPARTMENT OF HEALTH

